

The Si

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- SOCIAL NEWS-SEE PAGE 8...

SEE PAGE 3...

Western Palm Beach County's Hometown Newspaper Since 1923



12/31/99

Remembering Jerry Gulledge...Friends and co-workers.ñonored one of their own by dedication the new communications center at the Palm Beach County Sheriff's De partment Substation. Shoun, from left are Sgt. John Rauleron, Sgt. Wiley Battle, Jertemoering Serry Gaucage...rrienas and consideration in eather at the timent Substation. Shown, from left are: Sgt. John daughter, Jennifer Ruiz, and Lt. Albert Harper.

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8" heart shaped choco-hip cookie is available for

chip cookie is available for on February 14. ontact Lynda Moss at 996-3 during the daytime or at -2873 after 6 p.m. Orders t be placed by Feb. 11 and nity members will deliver gift.

Community Worship Service changed. The regular time for Community Worship Service has seen changed from January 31 to Sunday, February 28 at 1 p.m. The service will be at the First Baptist Church, 17 M.W. Ave. B, Belle Glade. Rev. Jary Folds, new pastor at the first Baptist Church, will be selected and will, bring the message.

more information call

fechanges Seminar
tek Grubbs of Lifechangers
istry will present another
deeming the Time" semientitled "Procrastination"
inesday, Feb. 3 at 7 pm. at
Community Fellowship
orch, S.R. 880, 601 S.E.

ke Level 16.15 feet

Partnership Academy opens in old Christian Day School location

By Brenda Bunting
Editor
The halls of the former
Christian Day School, which
closed in 1994, have come alive closed in 1994, have come alive again with the-laughter of chil-dren and the sounds of learn-ing. A new charter school opened last week at 101 N.W. Ave. C, Belle Glade. The Partnership Academy welcomed over 40 new stu-

welcomed over 40 new stu-dents on Jan. 20 - double what was anticipated in the begin

ning.

Principal Barbara Litinski says the response so far has been overwhelmig. We had planned to have a minimum of 20 children, but we have more than doubled that number already, she said.

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Mrs. Litinski.

And participate they do. Parents are working in the cafeteria during the lunch hour, helping change light bulbs in the hallways and using their skills to help by the school up and running. Improving reading skills is the focus at the Partnership Agademy and a clinical reading program is open to children in Belle Glade, Pahokee and South Bay.

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Next year, the school plans
to expand to offer classes for
4th grade students.

Daily activities for the children. include practices to
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T wish you could have seen these children the first day of school. They were so proud of their school uniforms, said Mrs. Litinski.

Because the Glades area is geographically isolated from the rest of Palls Beach County, and many of the children do not often get the opportunity to leave the area, the students will have extensive field trip experiences, that are appropriate to the curriculum," she said.

Junior Achievement is also Junior Achievement is also an important component of the curriculum and students will be taught to understand and appreciate free enterprise. In the process, volunteers from the business community will work with the students in the classroom in order to expose them to a variety of career options.

The Partnership Academy provides an all-day program with after-school activities for all students, including a homework center, tutoring, enrich-

ment, and sports activities.
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Mrs. Bitinski said the school will operate year-round, avoiding the "summer break syndrome" by providing continuous education.

Mrs. Litinski has taught grades K/S and has been an administrator for over 10 years in both public and pyears in both public and pyears in both public and school and look forward to providing a quality education in a quarm, nuturing environment warm, nurturing environment where every child is successful."

Former communications officer honored

Brenda Bunting

Editor
Employees at the Palm
Beach County Sheriff's Office,

Employees at the Paim Beach Cöunly Sheriff's Office, Glades Substation, paid tribute to one of their own last week when they dedicated their new communications department to the late Jerry Gulledge. Mr. Gulledge's daughter, Jennifer Ruiz, was at the dedication of the second substantial common services and the factor of the second substantial common services and the second substantial common services and the second services and second seco

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19, 1998. Those who knew and worked with Mr. Gulledge spoke briefly of his love of his job, his great sense of humor and his honorable character. "I met Jerry many years ago. He was really a great guy at the office and away. I really miss him," said Lt. Albert Harper.

Sgt. John Raulerson said Jerry was his training officer.

"We always looked out for each other. He was an inspiration to me, that's why we wanted to dedicate this to him, because he was such an inspiration to everyone who knew him."

District Five Commander Capt, Gary Freehette said although he did not have the honor of having known Mr. Gulledge, he had heard many good stories about him. "This dedication just proves you don't have to be a mayor or a commissioner to get something dedicated to you if you are worthy," he said.

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A plaque with Mr. Gulledge's picture now hangs in the hallway of the communication department for all to see.

Lake Okeechobee Rural Health Network honors two at annual meeting

By Brenda Bunting

Two out-going board members were honored at the annu-al meeting of the Lake Okee-chobee Rural Health Network. Steve Coffman, the board's treasurer since 1995 and Vice-Chair Iris Tanner were hon-ored at the meeting, held at the Dolly Hand Cultural Arts Cen-

boily Hand Cultural Arts Cen-ter last week.

Both were lauded for their dedication of time and efforts to improving health care in the Glades by Chairman Edwin Brown.

"Steve kept us in line and dedicated a great deal of his time to help us," said Mr.

rown.
In applauding Mrs. Tanner,
te said, "She could always be counted on to get things done and was actively involved in improving health care in the

improving health care in the 'Glades.'

The Rural Health Network was established in 1994 as a non-profit corporation designed to provide for the special and specific needs of the residents, visitors, and businesses in the Lake Okeechobearea. It was funded with federal grants and a grant from the Palm Beach County Health Care District. Chief Executive Officer Andrew Behrham said a strong

drew Behrman said a strong concern for the network is the

concern for the network is the estimated \$55 to \$60 million in health care dollars going out of the area.

We have a great opportunity to do some things that have never been done before." he said He also expressed his concern about Medicare.
Rural Health Networks are rapidly increasing in populari-



Honored for his years of service to the Låke Okeechobee Rural Health Network is outgoing treasurer Steve Coff-man. He is presented a plaque of appreciation by Board Chairman Edwin Brown.

ty due to forced competition among providers for a shrink-ing and less lucrative share of the health care market.! "This unmanaged and often ruthless competition has pro-mated the deterioration of rur-

moted the deterioration of rur-al health care and estranged al health care and estranged many rural providers and con-sumers," according to a brochure by the network. Mr. Brown said every provider in the Lake Okee-chobee Rural, Health Network

will benefit from participation. but each has agreed to do a cer-tain amount of indigent care, à

or vital in the Glades factor vital in the Glades.

"Some of the physicians are getting beat up out here because they're good samaritans and they care," he said. "The Glades is probably the best test.

Glades is probably the best test market in the world. he added. During the meeting, new as well as feturning officers were announced, including the 1999 officers who are Chairman Ed-win Brown, Vice Chairman Joseph Amato, and Secretary Karen River. Appointed to a third term were board members Rudy Riinchart, Sandra Cham-blee, and Ester Hamlet.



Partnership Academy second grade teacher Carol sisting student Shawn Wainz.



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Sun Spots

16.15 fe

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Jennifer Ruiz, was at the dedi-cation ceremonies last Wednesday. She said her fa-ther would have felt very hon-ored by the dedication. "He would have felt he was not worthy, but he would have been very happy about this," she said. "He knew how much everyone cared and loved him

and he loved his work. This was his extended family. He was proud to work with so many wonderful people.

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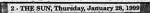
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SA). When chronic disn inescapable part of
w medical research and
ent options are always
ie. So when the National
le Sclerosis Society and
Ford, M.D., Ph.D., at the
sity of New Mexico

rsity of New Mexico separate, important accements in the same Jackie Jordan embraced ews with open arms.

first advancement was tional MS Society's constatement advocating statement advocating nitiation of drug therapy one with a definite diag-of relapsing-remitting les sclerosis. Then Dr. director of the Multiple sis Specialty Clinic at the sity of New Mexico Med-enter, unveiled five-year abel data demonstrating cople with multiple scle-

mately 350,000 Americans liv-ing with multiple sclerosis. As a seven-year Copaxone® veter-an, she's a living testimony of an, she's a living testimony of medical progress. At one time her disease forced her to use a cane and threatened to pro-gressively worsen her ability to walk. For this advertising exec-utive and mother of three, the thought of losing her mobility was almost more than she

thought of losing her mobility was almost more than she could bear.

"Before I took Copaxone®, I felt as though I was the living dead," she remembered. "I had no emotion, no life. I felt like a non-person. I decided to participate in the study because I



believed that doing something was better than doing nothing."
Enter Dr. Ford, her neurologist. He is gratified to be part of Jordan's success story.

'On therapy, Jackie regained her emotional independence and entered a period-of stabilization of the disability caused by MS." he said. "That was by MS, MS," he said. "That was ential to her, and it's critical to the majority of people living

with this disease."

Multiple sclerosis is an unpredictable immune-mediatunpredictable immune mediated disease of the central ner-vous system that typically strikes people between the ages of 20 and 40 and lasts a lifetime. In the past, when exacerbations or new symptoms were not present, it was often acceptable for patients to forgo therapy. But the society's call to action and the Copaxcall to action and the Copaxone® Study Group's findings
elevate the importance of carefully selecting a treatment,
making certain the treatment
works well over time and starting the therapy as soon as pos-

"Patients with multiple scleneed treatments that las er than the two or thre years that these drugs are typically tested," Dr. Ford said. "We have shown that Copaxone® is a drug that has sustained efficacy at least out to five years, and we will continue to follow study participants nve years, and we will continue to follow study participants through 10 years of therapy and beyond. This study becomes especially important as more people go on therapy.

"The Copazone® has slowed

down the relapsing MS for me,"
Jordan said. "Tm working 1214 hour days and doing very
well with standing and walking. Currently, I_sam not using
any kind of help aids. I'm very
leased with my results and so pleased with my results, and so is Dr. Ford."

is Dr. Ford."
Unfortunately, not everyone with multiple sclerosis can participate in a clinical trial, or have access to leading neurological researchers. So it is important for people to understand this news and to prompt new and meaningful discussions with their primary multi-

ple sclerosis providers.

Jordan not only collaborates closely with Dr. Ford, she also makes a special effort to learn as much as possible about her disease. Doing so means she participates in her own care, and she believes that's good advice for others.

advice for others.

"Join some sort of a chat room, get on the Internet, talk to people that have MS and definitely get on some sort of therapy," she said. There is: not a cure at this point in life, but there will be. And whatever you can do to slow the disease down is better than not doing anything. Do something that makes your life yours again." If you have multiple sclerosis

If you have multiple sclerosis and are not currently on drug therapy, talk to your physician or call the National MS Society at 800/FIGHTMS or Shared SolutionsTM at 800/887-8100.

vey to shed light on women's health

PSA)-This year, the in's Health Initiative.), one of the largest studies a women's health, passed at landmark. It met its goal rolling 167,000 American n, aged 50-79, many from ities.

II was launched by the nal Institutes of Health in 1991. It is a 15-year tigation that will help n answer some of their crucial questions on heart se, colorectal cancer, and

lational Heart, Lung, and Institute (NHLBI), in coop with the National Insti-of Arthritis and Muscu-tal and Skin Diseases, the nal Cancer Institute, an ational Institute on Aging. Il has three parts: A clinical is looking at the effects of one replacement therapy), diet modification, and caland vitamin D supplements rvational nining the interplay en lifestyle, disease risk s, and health And a com-ty prevention study, done

with the Centers for Disease how best to encourage women to adopt healthful behaviors.

WHI's main results won't be available for another 7 years. Until then, scientists at NHLBI advise women to keep healthy by:

• Following a healthy eating

advise women to keep healthy byFollowing a healthy eating
plan that's low in saturated fat,
total fat, and cholesterol, and
high in fruits, vegetables, and
lowfat dairy products.

Maintaining a healthy
weight. To shed extra weight,
don't lose more than 1/2 to 1
round a week.

don't lose more than 1/2 to 1
pound a week.

Not smoking cigarettes-this
is the most preventable cause of
death among Americans.

Being physically active. Try
to get at least 30 minutes of a
moderate-level physical activity,
such as brisk walking, on most
and preferably all days of the
week.

 Getting enough calcium and vitamin D. Women should get 1,000 to 1,500 mg of calcium each day-after menopause, women need 1,500 mg of calcium a day. They should get up to 400 Inter-national Units a day of vitamin D.

A new concept in bunion By Dr. David Fine, DPM

Much has been written and said recently concern-ing bunion correction surgery. This article is ing bunton surgery. This article is intended to introduce a new, high-tech, innovative bunion correction procedure that allows immediate ambulation and a return to normal shoe in approximately This, return to normal shoe gear in approximately three (3) weeks. This, combined with space-age physical therapy modalities, minimizes the amount of post-operative pain and swelling, making this procedure highly sought after as a permathis procedure highly sought after as a perma-nent cure for painful bunion deformities.

It is felt by this author that a complete under-standing of the cause of the bunion deformity is imperative ive to effect a correction. The proper co bunion is a progressive joint based deformity that evolves over many years. The result of this evolutionary problem is a large bump at the side of the big toe joint, as well as a crooked big toe. The rea-son this deformity is painful is trauma and pressure from shoe gear on the bony bump. Since the big toe joint is crooked, jamming of the joint occurs while walk-ing, resulting in arthritic changes.

anges If you have this deformi-ty, you know that the bunion is more painful when a tight, pointed shoe of a firm material is worn. Simple logic would dictate that the tighter the shoe, the more pain as a result. Thus, the patient has two

choice

choices:

1. Buy and wear wider, softer shoes; or

2. Have the bunion deformity corrected, which rids the patient of the bunion protrusion and re-aligns the big toe joint, allowing normal function of the joint.

Any bunion procedure

not accomplishing these two objectives is doomed to failure.

The Scarf (Z Bunionecto-The Scarf (Z Bunionecto-my) procedure is a rela-tively new procedure. It was first developed and extensively employed by several podiatrists in

Chicago, It was noted that a superior result was obtained and post-opera-tive disability and recovery was significantly reduced. The procedure is usually performed in the hospital on an out-patient basis.

surgery

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Raulerson Hospital

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OPINION



Call 996-6636 to express your opinion or ask questions about public issues. of required to give your name. While we want you to speak out freely, the new reserves the right to edit calls for clarity, brevity, relevance and fairness.

Farm Bureau calls for low-interest loans

The U.S. urgently needs a low-interest loan program that will help small farms run by families and minorities to confamilies and minorities to con-tinue operation, according to Florida Farm Bureau Federa-tion, the state's largest general interest agricultural organiza-tion. The fate of such farms in Florida and elsewhere is increasingly jeopardized by bad weather and declining markets.

week's announcement by USDA that it would allow cer-tain farmers who are forced with financial distress due to low prices to postpone certain loan payments. The announce-ment covers 1998 farm ownerment covers 1998 farm owner-ship and operating payments that normally have been due on Jan. 1, 1999. The deferred payments will be added on to the end of the repayment period. Secretary of Agriculture Dan Glickman said USDA will use all of its loan servicing authori-ties, including debt reschedul-

ing and forgiveness, to assist farmers. USDA will inform lenders who make USDA guar-anteed loans about available options for borrowers. Guaranteed lenders can reschedule and defer payments and write down debt. "The action by the secretary will undoubtedly benefit many

will undoubtedly benefit many farmers who are already at risk," said Pat Cockrell, direc-tor of Florida, Earm Bureau's Agriculture Policy Division. "However, it does not address the larger problem facing farmers whose operations have horically not been at risk. These farmers, because of reduced yields and reduced farm prices, have seen their

farm prices, have seen their financial base eroding. They have in fact lost equity." Federal laws authorize USDA to reschedule loan payments or write down part of a lean depending or the tecony. loan, depending on the recov-ery value of the loan and the borrower's ability to pay. Writ-ing down debt is allowed only

if USDA has no reasonable hope of collecting the entire amount of the debt. Until those farmers reach the point where they have no equity in their farms, they cannot qualify for low interest loans guaranteed by the government.

A new program should be

A new program should be developed that would offer low-interest loans that could keep farmers from reaching the point where their operations are "at risk." Farm Bureau are 'at risk." Farm Bureau supports development of a dependable, realistic low interest loan program that will keep farmers out of the 'last resort' programs. The economy of many rural areas depends on profitable farming operations, rural economies will decline. Florida Farm Bureau Federation, based in Gainesville, has more than 133,000 members statewide. There is a Farm

statewide. There is a Farm Bureau office in Belle Glade located on Hooker Highway.

Overwhelming majority of child seats installed wrong

By Cathy Keen
University of Florida News
More than 95 percent of children in child safety seats in
the state could be killed or injured because the devices are not properly secured to the vehicle, says a University of Florida researcher.

Florida researcher.

"We have documentation on more than 1,500 child safety seats in, vehicle inspections," asid Moray Willis, a UF engineering researcher and project director for the Florida Child Passenger Safety Program. "We discovered less than 3 percent were installed correctly. That's just horrifying," she said.

That's just horrifying," she said.

The inspection statistics were compiled from a series of voluntary checkpoints statewide during the past year, said Ms. Willis. Parents could drive up with their children in child safety seats to see if the seat was installed properly and correctly fit the child.

The program, funded by the Florida Department of Transportation through UF's Technology Transfer Center, trains law enforcement officers, fire and rescue workers, hospital personnel and safety advocates attatevide on the use of child restraint systems, air bags and seat belts. There are at least 900 different car models, 1,000 car safety seats and 20 seat belt systems, she said.

Ms. Willis said she doean't blame parents, who are stuck with difficult-to-read instruc-

blame parents, who are stuck with difficult-to-read instructions that are written by technicians and re-written by lawyers. Compounding the problem is the incompatibility of car seats with the seat belt

systems already in place in vehicles, she said.

"Basically, vehicles and seat belts are designed for the 50th percentile male, who is about 5'10 1/2" and weights 165 pounds," Ms. Willis said.

At statewide checkpoints. the most common mistake

the most common mistake involving child safety seats was not using the metal locking clip that comes with the car seat if the vehicle's seat belt system has what's known as an "emergency locking retractor," she said.

The retractor is a mechanical device to take up and feed out the seat belt webbing, allowing the wearer to shift comfortably in the seat and still be buckled up. It locks the belt in place when there is a sudden change in momentum, such as a crash. This kind of seat belt system needs a locksuch as a crash. This kind of seat belt system needs a lock-ing clip because it slides freely until the locking mechanism is engaged; she said.

Even when the clip is used, it is often attached to the seat

it is often attached to the seat belt on the wrong side of the child safety seat, where it could slip or break during a crash, Ms. Willis said. It must be placed about a 1/2 inch to 1 inch from the latchplate in order to hold the two pieces of belt webbing together securely, she said.

sea weeping together securely, she said.

The vehicle owner's manual not only identifies the type of seat belt system used, but contains other useful tips for installing a car safety seat in a particular model, she said.

Incorrectly threaded hargess straps and loose car seats pose another problem. "Once you install the seat, grab hold of

to the vehicle and try to jerk it forward," she said. "If it moves more than an inch, it's not secured correctly."

Although child safety seat/

Although child safety seat; manufacturers recommend children up to 20 pounds be in rear-facing car seats, Willia' group and the American Academy of Pediatrics strongly unge that this practice continue through the first year even if a child weighs more than 20 pounds. 'A child's body under 1 year of age is not at a stage of physical development that would enable it to withstand the force of a crash when fac-

the force of a crash when fac-ing forward," she said. And even though state law allows children to sit in seat allows children to sit in seat belts once they reach age 4, they are safer in booster seats until they exceed the weight limits recommended by the child safety seat manufactur-ers, Ms. Willis said. A new child safety seat designed in Germany that is supposed to, be available in the United States next war can be adjust-

be available in the United States next year can be adjusted to fit a child between 9 months and 12 years of age, she said.

"A child's body is very different from an adult's, and it is necessary to provide additional protection for them in a crash scenario," she said. "The most severe ctashes we see people walk away from involve race car drivers, They wear a full car drivers. They wear a full seat belt harness system that, secures them tightly in the vehicle. Ideally, that's what our

venicle. Ideally, that's what our kids deserve."

For more information, contact Ms. Willis at (352) 292-2371, ext. 300.

Looking back through time...



We're not sure what was going on in this photo, taken in the early 1970s, but the men appear to be getting ready for flight. Also, we ran a photo two weeks ago showing cheer leaders. We said they were from Christian Day School. Several readers called to let us know the girls were from Clades Day School.

AC STUR

417 NW 16th Street, Suite

A PLEDGE TO OUR READERS Ve pledge... To operate this newspaper as a public trust.

To help our community become a better place to live and work, through our dedication to consci-

their own decisions about public issues.

To report the news with honesty, accuracy, pu poseful neutrality, fairness, objectivity fearl poseful neutrainy, and compassion.

To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.

To correct our errors, and to

To provide a right to reply to those about whom we write. To treat people with courtesy, respect and compassion.



Brenda Bunting.....Editor & General Man

Gabriela Rodriguez ...Graphic

Suzanne Lindrose......Advertising Director

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Exercising just three days a week may provide heart attack protection

By Kristin Harmel
University of Florida News
It's mid-morning on Cape.
Cod and the thermometer has
barely. climbed above 50
degrees, but 72-year-01
Joseph Sullivan is out walking.
Every day he puts his headphones on and walks two or
three miles around Cape Cod's
Kelley Park.

phones on and walks two or three miles around Cape Cod's Kelley Park.

"I love to go out and get some fresh air," Mr. Sullivan said.
"I alwo kelps me to stay in rel-atively decent shape."

But Mr. Sullivan is doing more than just staying physi-cally fit. He is generating in his fleart a protein called Heart.
Shock Protein '72, or HSP72,
which protects against injury in the event of a heart attack.
According to a recent study by University of Florida researchers, less than a week's worth of walking, jogging or cycling can help the heart pro-duce enough HSP72 to protect it against the damage done during a heart attack.

HSP72 is in a family of proteins that form in the cells and protect organs in the body, such as the heart, against the type of extreme stress that a heart-attack can cause. During stress, scientists believe, HSP72 can stabilize and refold damaged proteins, which is vital to preserving the heart if blood circulation is cut off. "The whole problem of a heart attack is that if cells die, they're gone forever," Prof. Powers said. "What this heat

"We've' done studies that indicate that as little as three days of exercise can provide protection," said Scott Powers, and professor in UF's department of exercise and sport sciences. In rats tested at UF, as few as five days of exercise produced almost the maximum amount of HSP72 that cells can hold. "It raises the possibility that this could be true of humans, too, and wa-think that this is very exciting," Frof. Powers said.

HSP72 is in a family of remained the professor on the heart 'in vivo," HSP72 is in a family of remained the the dies of live said. but you don't die."
Funded by the American
Heart Association-Florida,
Affiliate, the series of studies
Prof. Powers performed, some
of which were published in
November's American Journal
of Physiology, were among the
first to examine the effects of
exercise on the heart 'in vivo,"
or inside the bodies of live animals.

"A lot of studies take the heart out of the body and, study it in an artificially creat-ed condition," Prof. Powers said. "Certainly, there's a lot you can learn from that, but

many people argue that itdoesn't mimic normal physiology well."

UF researchers induced
heart attacks in two groups of,
rats: one that had trained on
SEE EXERCISING/PAGE 5

theft; Donald Wint, 25, aggravated

battery with a firearm, grand theft of a firearm and failure to appear; Eddie Hol-land, 20, aggravated battery with a deadly weapon and obstructing an officer without vio-

January 20 - Nathaniel Burroughs, 33, contempt of court. January 21 - Ogeda Dennis, 50, sexual

January 21 - Ogeda Dennis, 50, sexual battery on a person under 12 years of age.

January 22 - Thomas Martin, 19, robery with lesser charges of petty theft;
Charles Alfred Daniels, 22, exposure of sexual organs and possession of marijuana with intent to sell; Jermaine Odoms, 24, armed burglary 6f a dwelling and possession of the property of a dwelling and possession of a dwelling and organization of hereits. Life

a dwelling and possession of heroin; Juve-nile, 15, grand theft auto and resisting arrest without violence.

without violence.

January 23 - Juvenile, 14, strong arm robbery and petty theft; Juan Zavala, 30, trespassing after warning; Javon Woodson, 23, failure to appear, Wile Billups, 23, violation of prebation; Eddie Brooke, 44, domestic battery, Luis Domiguez, 27, battery, Noe Banda, 24, battery.

January 24 - Kenneth Hartwick, 48, burglary of a structure and petty theft.



South Florida Fair representatives gave a presentation to members of the Belle Glade Rotary Club recently. The fair will be open through this Sunday and fair officials invite everyone to stop by. Shown, from left are John Picano, director of public relations/guest services, Phil Haire with WBGF, Belle Glade, and fair representative Buck Christian.

EXERCISING/FROM-PG. 4 treadmills and one that had not trained at all. The untrained animals fared much worse after the induced heart attacks, a factor that Prof. Powers attributes to the approximately 500 percent increase of HSP72 in the trained rats.

These experiments.

"These experiments are the first to demonstrate that this Prof. Powers said. "It's long been believed that exercise pro-tects the heart, but I think these experiments actually pro-

vide good evidence that exercise is indeed cardio-protective in terms of being able to withstand a heart attack because of this stress protein.

Although regular exercise has other health benefits that can prevent heart attacks or protect the body in the event of heart attack, Prof. Powers said HSP72 plays a large role in protection, and because it can be synthesized so quickly, it is never too late to begin exercising.

Prof. Powers recommends

es such as walking, jogging and cycling for at least 30 minutes a day because the heat gener ated during endurance exercise plays an important role in the synthesis of heat shock proteins. However, he warns that keeping up with an exercise routine is essential because the proteins can be depleted as

quickly as they are created.
"These proteins don't stay
around very long," he said. You have to continue with the exercise, or you lose the protec-

International speaker to be at Good Shepherd

Noted author and international speaker, Dr. Paul Crites will be at the 500 Shepherd Church of God in Pahokeo Church of God in Pahokeo including "Discovering the Dr. Crites challenges and "The Five Universal Secrets of Success throughout the world to cess." He is the founder and

president of People with Purpose, a not-for-profit organiza-tion based in Tampa Bay. Pastor James Brewer invites the public to attend the services. The church is located at 1890 Bacom Point Road.

Arrest Blotters

Editor's note: The police news on this page lists arrests, not convictions, unless otherwise tated. Arrested persons who later are found not guilty or have had the charges against them ropped are welcome to let us know. We will confirm the information and print it.

PAHOKEE

The Pahokee Police Department made 16 arrests the week of January 18-24.

Those arrested included:
January 18-No arrests.
January 19-No arrests.
January 20- Juveniles, 12, 12, & 14, burglary and petty theft.
January 21- Melvin D. Burgess, 28, strong arm robbery, aggravated battery and battery, Juvenile, 16, warrant for failure to appear.

appear.

January 22 - Marcos Garcia, 30, criminal mischief, Juvenile, 14, burglary, petty theft, criminal mischief and dealing in stolen property; Juvenile, 15, retail theft, Takela Harris, 19, aggravated assault and warrant for failure to appear, Juan Martinez, 22, warrant for violation of probation; Juvenile, buttery on a police officer and disturbing a battery on a police officer and disturbing a school function; Juvenile, 16, grand theft auto and warrants for burglary and grand

January 23 - Shaun Robertson, 29, domestic battery; Christopher Williams, 21, warrant for failure to appear; Lawrence Cooper, 54, warrant for failure to comply and

January 24 - Erasmo Medrano, 23, dis-orderly intoxication.

The Belle Glade Police Department handled 629 complaints, worked 11 crime scenes and gave 13 traffic citations the week of Jan-

and gave 13 traffic citations the week of Jan-uary 18-26.

Those arrested included:
January 18 - Antonio Barron, 24, utter-ing a forged instrument.
January 19 - Marvin Cornelius Cox, 21, false imprisonment, sexual battery on a per-son under 16 and contempt of court; Woodrow Walker, 43, throwing a deadly missile; Viola Robinson Phillips, 48, retail

BELLE GLADE

SOUTH BAY

SOUTH BAY
The South Bay Police Department made 5
arrests the week of January 17-23.
Those arrested included:
January 17- No arrests.
January 18- No arrests.
January 19- Juvenile, larceny; Juvenile,
larceny; Ashante Cokley, 22, trespassing,
January 20 - Juvenile, 10, aggravated
battery; Rey-Triston Martinez, 24, warrant
arrest.

January 21 - No arrests. January 22 - No arrests January 23 - No arrests

"JOYFUL, TOP-NOTCH ENTERTAINMENT . . .





Dolly Hand Cultural Arts Center Thursday, February 4, 1999 at 7:30 PM \$20 Adults * \$5 Students (561) 992-6160 or (561) 992-6161







Sunspots

Army Corps to hold meetings on Lake Okeechobee aquatic plant management
The U.S. Army Corps of

Engineers hás scheduled a public information meeting for tonight to discuss goals and objectives of the Aquatic Plant Control Programson Lake Okeechobee for the coming year. The Corps is responsible for the management of exotic aquatic plants on Lake Okee-

The meeting will be held at the Okeechobee Teen Center, 309 2nd Ave., Okeechobee, - 9 p.m.

The Corps will give a brief overview of the Aquatic Plant Control program, discuss pro-gram goals, introduce the field

operations and Corps program Biologists, and follow up with a "Question and Answer" session. Lake users and all others interested in the Aquatic Plant Control program are encouraged to attend.

Additional information may be obtained by contacting the U.S. Army Corps of Engineers Biologist at (941) 983-8101 extension 249.

Commissioner Masolitti to be in area

District 6 County Commisioner Tony Masolitti will in

his office in the Glades on Wednesday, Feb. 3. Anyone wishing to make an appointment to meet with Commissioner Masolitti can call his Legislative Assistant Sue Bailey at 996-4800.

Fourth in free series is this Thursday
The EDGE Center Inc.
(Enterprise Development for Glades Entreprenqurs) and Palm Beach Community College, Glades Campus, will present the fourth week in a series of free business improvement seminars.

The fourth seminars will be held on Thursday, Jan. 28 when the discussion will be on

Fourth in free series is

when the discussion will be on "Accounting and Record Keeping" and on the following Thursday, Feb. 4, the fifth and final topic will be "The Requirements for Starting a Home-based Business" e-based Busine

Home-based Business."
All seminars are held at the Glades Campus of Palm Beach Community College, beginning at 5:30 p.m. There are still a few seats available.

To reserve your seat call the

To reserve your seat, call the EDGE Center at 993-3343.

CRIME STOPPERS



Crime Stoppers of Palm Beach County, Inc., is asking citizens to help locate Carlos G. Perez, who is wanted for burglary of a dwelling and dealing in stolen property. Perez is 5°7" tall, and weighs 150 pounds. He has brown hair and brown eyes and his date of birth is June 14, 1976. His last known address was 1714 Lava.

known address was 1714 Loxa-hatchee Drive, West Palm Beach.

His Social Security number is 583-75-0124 and his last occupation is anknown

His warrant was active as of

His warrant was active as of January 19, 1999.

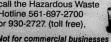
If you know the whereabouts of Carlos Perez, or anyone involved in a serious crime, call Crime Stoppers at 1-807. You can remain anonymous and still receive a cash reward if your tip leads to an arrest.

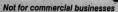
4th Monday of January, April, July & October HOUSEHOLD HAZARDOUS WASTE COLLECTION at

Belle Glade Transfer Station 1701 State Road 15 • Belle Glade Hours: 9:00 am - 1:00 pm

During this time, SWA staff will be on hand to accept all household hazardous waste materials.

For additional information call the Hazardous Waste Hotline 561-697-2700 or 930-2727. (toll free)









DODGELAND WASK

ONE BLOCK WEST OF 1-95 ON OKEECHORE

1561) 60Z 1511 PROTECTION OF THE PROTECTION OF T





The West Technical Educa-tion Center's faculty, staff, counselors and administrators, tion Center's faculty, staff, counselors and administrators, together with West Area school, prepresentative took a tour of the Glades area to formulate the beginning of a school-to-work partnership of recruitment and planning for career academics serving area high school students.

The activities included breakfast at 9 a.m. in the Lee Berryhill Center where coanselors were briefed on the future changes for West Tech over the next three years.

14 was reported by the Director of West Tech, Dr. Cynthia Smith that the transition would begin with the Illia and 12th graders in the fall of 1999.

1999.
The phasing in of 9th and 10th graders would follow, whereby, West Tech would eventually become a fully accredited high school. It is expected that students will be recruited and selected among those who can maintain a 2.0 grade point average and can function on a 7th grade reading level. Academics will

be stressed equally with careers.

The three career academics that will be up and running for the Fall school year include:

Communications Academy

This program will partner West Tech and Bell South in a paid apprenticeship program.

Diesel Mechanics

The Diesel Academy will employ high tech diagnostic equipment for diesel truck repair.

Health Academy

This academy will prepar the licensed practical nurse. B the time a student finishe high school, health care cre dentials would be completed.

Those interested in the academies should inquire to Jeannie Squitier or Wayne Johnson at 996-4930.

Flag Football comes to Pahokee

The City of Pahokee Parks and Recreation Department has formed a flag football team called the "Pahokee Bandits."

The game of Flag Football is not new to the areas of West Palm Beach and Belle Glade, but it is new to Pahokee.

The team members are: Ronald Osborne, who is the

team Coach, Herbert Crawford, William Thompson, Scott, Kirk Pryor, James Scott, Kirk Pryor, Edward Mays, Tyrone Clervan, Roy Adams; Terry Evans, James Epps, Corey Graham, Monroe Young III, Easteban Hannah and Lawrence Butler. The teams first official game was held on Thursday, Jan. 21.

Pope John defeats Pahokee

On Friday, Jan. 15, the Pahokee Blue Devils Basket-ball team hosted Pope John to win, for Pope John Paul a

The gym was full with non

The gym was rull with non-stop cheering as fans from both the home team and visiters expressed their excitement. The first half of the game Pope John Paul seemed to have won the game. They tried to guard all of the Blue Devils key

The Blue Devils, determined to win, for Pope John Paul all over the court. However, even as the Blue Devils tried to hold them off as hard as they could, they couldn't hold off John Paul who won the game 74 to 63

One of the Blue Devils said the team was just to relaxed and it accounted for the loss.

Several Colleges luring Pahokee High School football star Anguan Boldin

School football star
Colleges across the state are
trying to lure Pahokee High
School football star and senior
Anquan Boldin.
Boldin has recently returned
from trips to Florida State
University and the University
of Florida, where he has been
touring the campuses. This
weekend he will head to the
University of Miami before
deciding which school he will
attend. He is not tipping his
hand toward any of the schools
so far.

so tar.

This year, Anquan passed for 36 touchdowns and ran for 20 to lead Pahokee to the Class 3A championship game and college recruiters believe he is even better on defense. He semerges as Florida's No. 1 player on the Orlando ver on the Orlando

Southern football team Anquan is joined by a color-ful cast of players including a trio of Central Floridians such as Osceola junior Willie Green, who scored, 34 touchdowns leading the Kowboys to the 5A championship and Jeff Faine

and Roy Williams, who earned national recognition as offen-sive and defensive linemen for Seminole and Deland. However, according to offi-cials, Anquan was the player who could do it all. He seldom came off the field, doing the came on the neid, doing the punting, returning kick, making big-time hits in the secondary and producing touch-downs and yardage on offense. He rushed for 1,833 yards and passed for 2,842 this year and also finished with four interestic season.

and also finished with four interceptions on defense. Pahokee Coach Joe Marx, describes Boldin as a great competitor.

"His physical skills speak for themselves," said Coach Marx. "What he can do offensively, defensively, as well as punt and return kicks. I've not seen anyone as dynamic as him. That's for sure."

No matter which school

No matter which school Anguan decides to attend Pahokee will have him as their

GLADES DAY

By Stephanie L. Stein & Donnie Scruggs
The second semester has begun and Glades Day students are wasting no time irr getting involved with the many activities that are offered.

offered.

First, we'd like to congratulate eighth grader Nicky
Sanchez for winning the
school's Spelling Bee held
this month for junior high
students. Nicky eventually
beat out classmate runnerup Ronny Brown in a spelloff after the two eliminated
dozen other contenders. a dozen other contenders. Both students will represent GDS at the regional Scripps GDS at the regional Scripps
Howard Spelling Bee in
West Palm Beach next
month. Good Luck!!
Sports fans can look for
Glades Day students on
ESPN starting Feb. 8, when

GDS will get to participate in a TV commercial that includes area schools from around Lake Okeechobee. The commercial, titled "Around the Lake in 60 Seconds," will inform viewers of special activities going on at each school. Each school has an 18-second segment ment.

Senior Class Senior Class play rehearsals have started for the Class of 1999 for this year's comedy, "They Run In-Our Family." The three-act comedy by Donald Payton is about one family's involve-ment in high school athletics

ment in high school athletics and we do mean involvement! The play will be held at the Dolly Hand Cultural Arts Center at 7:30 p.m., March 19. Tickets, which will be available at a later date of the control of the co date, cost \$10

date, cost \$10.

Back by popular demand is the elementary's second annual Grandparent's Day on Monday, Feb. 1. Grandparents are invited to

Grandparents are invited to come and visit their grand-child(ren) and eat breakfast with them at school any time between 8-10 a.m. They can also accompany the students to the Troll Book Fair in the to the Troll Book Fair in the elementary library. The preschool and kindergarten classes also have a special performance as a treat for the visitors. Anyone who has any questions may contact the elementary office at 996-

4140.

GDS congratulates the winners of the Elks Club National "Hoop Shot" Free Throw Contest: Ages 8-9 Nadia Esquivel, Coleman Sample, Ages 10-11: Jessica Paez, Tyler Tieder, Ages 12-13: Megan Byrd and Nicky Sanchez.

And last, but not least, GDS also congratulates 8th grader Brannan Thomas, who won 1st place in the South Bay, Dr. Martin Luther King, Jr., oratorical

Brannan, a first year stu-dent at GDS who plays foot-ball and basketball, received a certificate and \$75 from the City of South Bay.

GATOR TALES

THE SUN, Thursday, Janua ary 28, 1999 - 7

West Technical Education Center staff were invited to a tour of U.S. Sugar fields and the ne refinery in Clewiston

West Tech staff tours U.S. Sugar

On Jan. 19, the faculty, staff, counselors and administrators from the West Technical Education Center along with West Area school representatives were given an extensive tour of the U.S. Sugar field and refinery operations. The purpose of the tour was to familiarize the faculty with the harvesting and refining of sugar cane and enlighten the area schools of the job opportunities that may be available to gradu-

ates.

The tour, hosted by Jackie Hilyer and Brian Sorrell, included the viewing of a "field burn" and the operations of the new sugar refinery. The group of 35 also visited the Research Station and a Sugar Corporation village. The staff of the Clewiston Inn provided the group with a delicious lunch that was enjoyed by all.

ARC Golf Tournament a Three-Way tie for three teams

ARC Golf Tournament a Three-Way tie for three teams Eighty-four golfers scrambled for the 9 a.m. tee-off at the Belle Glade Municipal Golf Course tour-nament benefiting the Glades Area Association for Retarded Citizens. The event was a tremendous success, notable for a three way tie for first place, a shot for \$3,000,000.00 landed pin high but off to the right and two teams donating prizes back to the association. For the first time in its nineteen-year history, three teams turned in a score of "61" to tie for the trophy. A scorecard playoff was used to rank the teams for prizes, but all three teams will be recog-nized on the permanent trophy as winners of the tournament. The winning teams were: Kelly Teets, Ken Davies, Matt Weeks and Brian Lohman, Jim Sylvester, Bob MacCarrick, Gino Horton and Bob Wilson. The team of Wendy Miller, Raymond Cunningham, Dennis Wedgeworth and Timmy McKey carded a 60, but voluntarily forfeited to 4th place due to individual handicaps of the team members. Both the Teets team and the Miller team donated their prizes back to ARC.



Center on Thursday, Feb. To reserve your seats call 99 erve your seats

"Beehive" puts sizzle and sting

into 60's songs Beehive, a high energy musi-

cal review tracing the coming of age of women's music, will be at the Dolly Hand Cultural Arts Center on Thursday, Feb. 4 at The musical features 35 pop-

ular hits of the girl groups and solo singers of the 1960's-The Chiffons, The Shirelles, The Shangri-las, The Supremes, Leslie Gore, Connie Francis, Leslie Gore, Connie Francis, Petula Clark, Tina Turner and the Ikettes, Aretha Franklin and many more. The show features over 50 costume and wig changes, a cast of five wailing women, and a hot six piece onstage band.

Stage some state of the state o "Will You Still Love me Thear A Symphony", "It's My party", "Downtown", "Where The Boys Are", "You Don't Have To Say You Love Me", "Proud Mary" and "Re-sp-ect". Currently on an 18-week national tour, Beehive has played 18 months Off-Broadway, a wear on a previous

Broadway, a year on a previous national tour, 15 months in 561-992-6160.

Denver, a sold out month in San Jose, six months in Detroit, a year in Las Vegas, as well as runs in Fort Worth and

Houston.
All across America critics are raving about Beehive. The New raving about beenive. In a level york Times says, "A cherry coke with plenty of fizz! The audience devours Beehive like a three foot hoagie. Beehive is a rafter-raising musical".

Tickets for Beehive are \$20 for adults and \$5 for students. Also, featured in the Grand

Also, featured in the Grand Hall will be the artwork of Clewiston artist Mimi Clewiston McCallum.

To reserve yours seats call



Kissimmee Slough SHOOTOUT! and Rendezvous

Saturday, February 6 and Sunday, February 7 Seminole Big Cypress Reservation

Saturday 10 a.m. Hatchet Throwing Contest
11 a.m. BATTLE RE-ENACTMENT
2 Tp.m. Archery Contest
3 p.m. BATTLE RE-ENACTMENT

11 a.m. Hatchet Throwing Contest 1 p.m. BATTLE RE-ENACTMENT 3 p.m. Archery Contest

Seminole artisans and old-time traders both days.

FREE with admission to Ah-Tah-Thi-Ki Museum \$6.00 adults, \$4.00 seniors and students, under 6 free.

On the Big Cypress Reservation at County Road 833 and West Boundary Roa
For information call (941) 902-1113, www.seminoletribe.com
Ah-Tah-Thi-Ki Museum
Seminole Tribe of Florida

A Gathering of Faith...

Canal Point CANAL POINT UNITED METHODIST CHURCH 100 2nd St. Rev. Linda Joyce

Lake Barbor

P. O. Box 161

Dahokee

MUNITY METHODIST CH

LISTIC CHURCH OF PAHOKES 155 E. Main St.

H OF GOD OF PROPH 2500 E. Main St.

H OF THE HOLY NATIVITY EPI 1020 E. Main St.

A19 E. Main St.

AKESIDE BAPTIST CHURCH 3055 Bacom Point Rd.

ST. MARYS CATHOLIC CHURCH 1200 East Main St.

GLADES FUNERAL CHAPEL (561) 996-6122 LOCALLY OWNED / OPERATED

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South Bay CHURCH OF ALL NATIONS

1 Mile S. of South Bay on Hwy US 27

Bay Walter Cobb

156 N.W. 9th Ave.

RY FIRST BAPTIST

MT. CALVARY BAPTIST CHU Canal Street

Belle Glade

H OF GOD OF BELLE GLADE

IRST BAPTIST CHU

HOUSE OF GOD 716 S.W. Ave. B Place

JAMES A. BENNETT (561) 924-5604









Jane Wilbrecht and Harriet Mertz are a unique keyboard team who bring unusual, one piano-four hands, music literature to audiences throughout Florida.

They will present Jazz, Classical, Blues, Latina, and Broadway, in a special ear-catching blend at the Pahokee Faff Club at 12 p.m. on Tuesday, Fpb. 2 at the Nazarene Church on Bacom Point Road in Pahoke

Social News

Ebony Elite Ladies Society
The Ebony Elite Ladies Society of the Glades has held its

During the course of this meeting the members chose its Charity Project for the year. The group is to give a check to one family or person each month of the year. The money is to be used for whatever purpose is best for the family's

The Ebony Elite Ladies Society is one of the outstanding organizations in the City of Pahokee and truly believes in

elping others.
Elsie L. Singletary serves as president, Helen Maxey is the president and Juanita Williams is recording secre-

The societies motto is: Walking By Faith, Not by Sight as We Serve God and Mankind.

Xi Beta Tau

Xi Beta Tau

The regular monthly meeting of Xi Beta Tau was held on Jan. 7 at the home of Kay Korbly.

Plans for the second annual Valentine Cookie Bake Sale were finalized. Be sure to order one with a personal message for those special people in your life.

A vote was taken for the chapter "Valentine Queen" who will be announced and honored at the next regular meeting Jo Hatton presented a personalized beauty program.

Refreshments were served by Alice Thompson and "Swaperoo" was won by Amy Schenck.The next regular meeting will be held on Feb. 11 at the home of Lynda Moss. The program will be "Cookie Baking and Decorating." Members attending the January meeting were Frances Adams, Anita Brunson, Teryl Collier, Mirtha Graydon, Jo Hatton, Kay Korbly, Johan Law, Omaida Milliron, Lynda Moss, Tina Provenzale, Amy Schenck, Sandy Simonson, Alice Thompson and Carlene Walker.

Beta Sigma

The Nu Kappa chapter of Beta Sigma Phi held it's last meeting at the home of Becky White. The decorations and refreshments were all done in silver

and white to celebrate the winter month.

Each member received a "pamper you" gift from the host-

ess.
A report was given on the gifts that were donated to an area family at Christmas.
Plans continued for the annual Founder's Day luncheon. The program presented was on 'impulse buying.'
Those members present were Elizabeth Harring-ton, Betty Hodges, Nora Omelas, Marsha Smith and Julie Zambory. One guest also attended, Anita Kirch.

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PBCC - Glades ent Center - FAU s Dev ents in Free Enterprise - PBCC



Obituaries

Week of January 28, 1999

Palm Beach.

Mr. Ramirez was in the
trucking business in the
trucking business in the
Clades for many years.

Mr. Ramirez is survived
by his loving wife
Gundalupe, of Belle Glade.
Sons, Carlos, Louis, Rayes
and daughters, Juanita,
Mary, Dora, Francis,
Teresa and Rosalinda, all
of Belle Glade.
He is also survived by a

of Belle Glade.

He is also survived by a sigter, Juanita of Belle Glade and 35 grandchildren and 6 great grandchildren.

Funeral services were held on Monday, Jan. 18 at St. Philip Benizi Catholic Church in Belle Glade. Interment followed at Queen of Peace Cemetery in West Palm Beach.

Arrangements were

Arrangements were made by Glades Funeral Chapel. Cassie

Cassie Chaney, 94, passed away Wednesday, Jan 20 at Okeechobee Health Care Facility. Mrs. Chaney was born in Valdosta, Ga. on June 29,

She is survived by her daughters Hazel Herbert of Okeechobee and Carolyn Schneider of Labelle. One

Jose Refugio Ramirez, son Ralph Chaney of St. 70, of South Bay died Friday Jan. 15 in West Palm Beach.

Mr. Ramirez was in the Glades for many years.

Mr. Ramirez is survived by his loving wife Guadalupe, of Belle Glades.

Sons, Carlos, Louis, Rayes and daughters, Juanita, Mary, Dora, Francis, Teresa and Rosalinda, all of Belle Glades.

He is also survived by a sister, Juanita of Belle Glades. Funeral Home

Raul Cardentey, 83, of Belle Glade died Monday, Jan. 18. He was born in Cuba and was a foreman in

Cuba and was a foreman in the agriculture business. Mr. Cardentey is survived by his wife Rosa of Belle Glade, his sons, Armando of Miami and Pedro Raul of Belle Glade and daughter Filomena of Belle Glade, his brothers Victor and Wilferdo of Cuba and sisters, Ena, Ana, Aida, Lidig, all of Cuba and Blanca of Miami. He had 13 grandchildren.

He had 13 grandchildren. Graveside services were held Wednesday, Jan. 20 at Foreverglades Mausoleum in Belle Glade.

Arrangements were made by Glades Funeral Chapel



Amy Prescott and Scott Wilkins to marry

engagement of their daugh-Amy Nicole Prescott to t Christopher Wilkins of

Scott Christopher WIKKINS ON TAllahassee,
Mr. Wilkins is the son of Mr. and Mrs. Dave Chavoustie of Scottsdale, Arizona and Ms. Margie Wilkins and the late Robert Wilkins of Boca Raton.
Miss Prescott is a 1993 graduate of Clades Day School. She received an Associate's Degree

uate of Glades Day School. Server received an Associate's Degree from Florida State University where she was a member of Phi Beta Phi Sorority and Lady Scalphunters. She graduated from the University of Central Florida in Orlando, December

Mr. and Mrs. Paul Prescott of elle Glade have announced ne engagement of their dauge er, Amy Nicole Prescott to Wilkins is a 1988 gradu

state of J.P. Taravella High School in Coral Springs and a 1993 graduate of Florida State University with a Bachelor's Degree in social science. Degree in social science.

He is a member of Lambda
Chi Alpha Fraternity and

Can Applia Fraterity and Scalphunters He is a mortgage bank consultant and is studying for a Master's Degree in business administration at Florida State University.

The wedding is planned for May 8, 1999.

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Free Orientation Seminar

Wednesday, Jan. 3, 1999 at Tanner Park, South Bay.

Thursday, Jan. 4, 1999 Belle Glade City Hall, Belle Glade.

t: Mr. Ballew (561) 996-3902 for more information.

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Payment based on a 24-month closed-end lease with approval from Ford Credit. Some payments higher, some lower. First month's payment, \$1,999 down payment plus tax, tag and \$250 refundable security deposit due at inception, Total of payments: \$6,787. Option to purchase at lease end. \$11,737. 12,000 miles per year, \$15 per mile thereafter. Leasee responsible for excessive wear and tear. Offer valid on 2-dr Explorer Sport with PEP Package 931.4.



'99 F-150 SUPERCAB XLT \$233/Month for 24 Months.*

Payment based on a 24-month closed-end lease with approval from Ford Credit. Some payments higher, some lower. First month's payment, \$2,124 down payment plus tax, tag and \$250 refundable security deposit due at inception. Total of payments: \$5,501. Option to purchase at lease end: \$14,062 for \$1,200 miles per year, \$15 per mile thereafter. Leaser exponsible for excessive wear and tear. Offer good on select models only.









Belle Glade Elementary holds mock funeral gave words of wisdom from wanted to bury the words of Garett gave the eulogy. Guest speakers included like the 127 fourth grade students at Belle Glade the test last year and scored students at Belle Glade where the standard words of the highest, offered words of the burying form the present. She explained the popular song I believe I am dividing stories since the students austituded Writing in place of Fly. Students then paid their species to the deceased being the students and writing stories since the students are prespects to the deceased provided with the popular song I believe I and writing stories since the respects to the deceased being the provided writing the popular song I believe I and writing stories since the students austituded Writing the place of Fly. Students then paid their species to the deceased provided writing stories since the students will be provided writing the provided wr

For anyone that ever wanted to bury the words "I can't" maybe you should do like the 127 fourth grade students at Belle Glade Elementary school did this week. They held a funeral for "Mr. I Can't."

for Mr. 1 Cant.
In an effort to get students
to pass the Florida Writes
test the students held a
funeral and sang songs

Stanfield watson, who took the test last year and scored the highest, offered words of wisdom from the past. He told students how important it was to study for the test both at school and at home.

The next speaker was 4th grader Natalie Malone who

Next Mrs. Juanita Malone, who gave words of wisdom for the future. She told the 3rd grade stu-

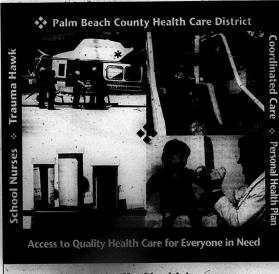
She told the 3rd grade stu-dents they would begin next After the "funeral" stu-week to prepare for next dents returned to their

years test and led them into the popular song "I believe I can Fly. The students susti-tuded "Write in place of Fly." Students then paid their respects to the deceased "Mr. I Can't" by placing sheets of paper in the "cas-ket" with all of the things they believe they can't do

Students are given 45 minutes to take the test and

do.

The Florida Writes test is given to students in grades 4, 8 and 10 and are administred the florida Writing skills which is evaluated by the Florida Legislature in 1990.



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accept any advertising which is in violation of the law. All persons are hereby informed that all dwellings are avail-able on an equal opportunity

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Classifieds

FAX: 561-996-2209

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Conducts epidemiological and field investigations. Valid Florida driver's license and own automobile necessary background screen/finger-print required. Billingual in English/Spanish or English/Creole preferred; fluent verbally in both languages and in reading/writing in English.

Resident of the Glades area or familiar with the Glades area-preferred. A bachelor's degree from an accredited school Experience in case managent interviewing couriseling, conducting inspect investigations or health can substitute on a year-for-year basis for the required college education. Call Gla Health Survey 561-9 Health Survey, 561-996-0500. Closing date: February 561-996-

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ASSISTANT: Bilingual (Span/Eng), M-F, 9-5, Sat., 9-1. At least 2 yrs. experience. Salary depending on exp. Please contact First Community Medical Center, 561-992-0024, 132 SW Sol-992-0024, 132 SW Avenue B, Belle Glade, FL 33430. Interview any time during office hours. 1/28

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ın Classifieds, 996

LEGAL NOTICES

INVITATION FOR PROPOSALS

Published: The Sun, Jan. 28 & Feb. 4, 1999 Legal No. 99-16

NOTICE OF PUBLIC AUCTION

blic notice is hereby given that Ferguing will sell at public auction, free from or liens, the following vehicles that resclaimed in storage with charges unpaid, ant to Florida Statutes 713,78, to the higher at 1205 Lake Shires Drive, Canal P. 33438 on February 19, 1999 at 9.00 a.m.

Published: The Sun, January 28, 1999 Legal No. 99-17

NOTICE OF PUBLIC AUCTI

February 12, 1999 at 10:00 a.m., a public au-will be held at 655 US 27 North in South Bay,

The following vehicles will be auch



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